

DINNERLY



Mediterranean Meatball Pita with Tahini Sauce



20-30min



2 Servings

We're thinking beyond Italy with these meatballs—channeling the broader Mediterranean, we combine ground beef with warming ras el hanout spice blend, then broil them for quick and easy cooking. The meatballs are sandwiched between fluffy, warm pita with garlicky marinated cukes and a drizzle of creamy tahini sauce. We've got you covered!

WHAT WE SEND

- 1 cucumber
- ¼ oz ras el hanout
- 1 oz panko ²
- 1 oz tahini ³
- 2 Mediterranean pitas ^{2,3,4}
- 10 oz pkg grass-fed ground beef

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg ¹
- apple cider vinegar (or red wine vinegar)
- garlic

TOOLS

- microplane or grater
- rimmed baking sheet

ALLERGENS

Egg (1), Wheat (2), Sesame (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

NUTRITION PER SERVING

Calories 720kcal, Fat 34g, Carbs 53g,
Protein 43g



1. Prep ingredients

Preheat broiler with a rack in the center.
Finely chop **2 teaspoons garlic**. Thinly slice
cucumber on an angle (peel, if desired).



2. Marinate cucumbers

In a medium bowl, toss **cucumbers** with **1
teaspoon oil**, **½ teaspoon of the chopped
garlic**, and **¼ teaspoon salt**. Set aside to
marinate at room temperature until ready
to serve.



3. Make & broil meatballs

In a medium bowl, combine **ground beef**,
panko, **remaining chopped garlic**, **1 large
egg**, **1¼ teaspoons ras el hanout**, and **½
teaspoon salt**; knead to combine. Shape
into 12 meatballs; place on a lightly **oiled**
rimmed baking sheet. Broil on center oven
rack until meatballs are browned and
cooked through, about 7 minutes (watch
closely as broilers vary).



4. Make tahini sauce

While **meatballs** broil, combine **tahini** and
2 teaspoons vinegar in a small bowl
(mixture will be very thick). Add **a total of
1½ tablespoons water**, a little bit at a time,
stirring until sauce is creamy. Season to
taste with **salt** and **pepper**.



5. Finish & serve

Place **pitas** directly on center oven rack.
Broil on center oven rack until warm and
fluffy, 1-2 minutes (watch closely). Serve
pitas topped with **meatballs**, **cucumbers**,
tahini sauce and **a few grinds of pepper**.
Enjoy!



6. Kids pitch in!

All hands on deck for rolling the meatballs
in Step 3, or mixing the tahini sauce in
Step 4!